



THE MASSEUR

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American Massage & Therapy Association Inc.

FORMERLY THE AMERICAN ASSOCIATION
OF MASSEURS & MASSEUSES

OFFICIAL BULLETIN

MAY - JUNE, 1961

DECATUR, ILLINOIS

MEMBERSHIP WILL REACH 500 -- -- BY CONVENTION TIME

RESIDENT'S REPORT

I am very happy to be a member of this Grand Association. I receive the nicest letters and the finest reports of progress everywhere. We are growing. We now have more paid up members than we have ever had since the beginning of our Association. We need about 35 members to go over the 500 mark.

It is so easy to sign new members, all you have to do is explain the wonderful benefits of our Year Book, Registry, and National Connections. The educational features, the State and National Conventions, the Malpractice insurance and the Massuer Magazine and they want to join.

It is the policy of the Associations Board to give May and June to all new members upon the payment of next Year's dues.

Now let's talk about the Convention in Omaha. This should be our greatest. Centrally located, a wonderful Motel. Swimming Pool and everything. Remember the

Beauty contest. Select your representative from among your members. This should be fun.

There will be educational features and 2 workshops where you will learn many things that you can take home and put to use immediately. You will meet many old friends and make many new ones.

We will have Texas and Arizona as Chapters this year.

At your State Conventions select your delegates and give them instructions as to what you want your Association to accomplish. Give them suggestions to the betterment of all.

Remember all changes to the constitution must be put in the proper form and 3 copies sent to the National Secretary in time to publish in the next Massuer. I welcome these resolutions as it is showing the way to a better organization.

Bless you all for the wonderful growth we have had thus far this year.

LETS GO !!

Of all the Associations big or small,

I believe Ours is the best.
That it can hold its head up high,
Along with all the rest.

For a small Association 'Tho it's
Growing,"

Is more friendly than the others,
And it's a darn good feeling
When you know all the
"Brothers."

An Association like Ours can
really go,

If we are on the ball,
And if we help each other
We can not fail at all.

Don't let your enthusiasm wave
For the job you are to do
But set your goal away up high
So we'll be proud of you.

So if you are an Officer,
Chairman, or valued member,
Just do your best for A.M.T.A.
That's the thing you must
remember.

Your Membership Chairman
Irene Jordan

THE MASSEUR

Bimonthly publication of the
American
Massage and Therapy Association.
formally known
American Association of Masseurs
and Masseuses.
Published in Decatur, Illinois
Charles W. Brooks, Editor
3111 North Water Street



George D. Gammon, National President,

SUGGESTIONS FOR
CHANGES IN YEARBOOK

1. Have an index to our book either in front or in back of the yearbook listing alphabetically all States and pages to be found on. (Our book does not have this).
2. List members names alphabetically, with last name first, Address and telephone. (Yearbook now lists first name first) No telephone and not alphabetically.
3. List States alphabetically with name of States in larger print (Now it is in small print).
4. Group all ads alphabetically according to State (page 12 has a N. Dak. and a Kansas ad on a page California members are listed).
5. Omit ads on pages where members are listed.
6. Members or ads that come in late should be grouped alphabetically by State and names in back of book.

CHANGE IN ASSOCIATION PIN

1. Change slot for pin from the

top to the side (Pin will be easier to get on. Safety will stay closed. Pin will not continuously fall off as it now does).

CHANGE NO. 1 ON ASSOCIATION PLEDGE.

1. No. 1 on My Pledge should read differently. As it now reads it is of no good to those in Calif. As our State Law states we can Only to relax, not to Alleviate pain and discomfort.

Anna Hoopes
Sec.-Treas. Calif.
Northern Unit.

ATTENTION MEMBERS

Let's get behind the various activities of A.M.T.A. Let's build more to and use more of the library that has been set up for our use.

Let's have more support in the film fund from individuals and especially the chapters that have some money they wish to put to some good use.

Let's have more individual ads and articles in the Masseur.

If you do not have your new lapel buttons and pins, new decals, new certificates, new emblems for your uniforms, let's get up to date and purchase these items.

Finally let's continue the good work. Remember this is your association so don't let the other fellow do your job in it. We only grow as one body and not by individuals. Thank you.

Thomas R. Fink
Public Relations Dr.

STATE OF INDIANA

INDIANA AGENCY FOR THE BLIND
536 WEST 30TH STREET
WA 3-3363

April 12, 1961

Mr. William Critzer
c/o Kansas City College of
Swedish Massage and Therapy
5502 Troost Avenue
Kansas City 10, Missouri
Dear Bill:

If you are going to be in Indiana Saturday or Sunday, April 15, 16, please come to the Severin Hotel and ask for a Catherine Holland.

The American Association of Swedish Massage is holding a convention at this hotel and it might be such a thing that through their placement service you can find work.

I have made several contacts in Indianapolis in your behalf, but have not been able to come up with a placement as yet.

Why is it that Dr. Young has not been able to place you and Russell?

Yours very truly,
Hugh B. McGuire, Counselor
Vocational Rehabilitation
Services for the Blind

* * *

April 12, 1961

Mrs. Catherine Holland
2716 West Washington St.
Indianapolis, Indiana
Dear Mrs. Holland:

Here are the names of the two (2) men I talked with you about on the telephone: Russell B. Meyers, Negro, and William Critzer, White.

These two (2) young men have just graduated from the Kansas City College of Swedish Massage and Therapy. They graduated with fine grades and have given over three-hundred (300) Swedish massages.

I will appreciate anything that you and your Association can do in placing these young men.

Both are married and have families.

Very truly yours,
Hugh B. McGuire, Counselor
Vocational Rehabilitation
Services for the Blind

If anyone in the Association can place one or both of these men contact the agency.

—Ed.

Egg yolk for rheumatic fever? According to Dr. Alvin Colburn of New York Medical College the disease is found in children where little or no eggs are in the diet.

Druggist (to his stout wife)—"Don't come into the shop for a minute. I am trying to sell six bottles of my fat-reducing mixture."



A. M. T. A. Spring Convention Banquet Held in Peoria, Illinois

QUAD STATES SPRING CONVENTION ILLINOIS, IOWA, INDIANA, WISCONSIN

The Convention opened April 29, 1961, 10:00 A.M. Pere Marquette Hotel, Peoria, Illinois.

State reports were given, Wisconsin - John Persona - They hold three educational meetings a year. The fourth meeting is a social Xmas party. Wisconsin cannot increase their membership, due to a law permitting only those in practice at the time of inactment, to be licensed. This however has not dampened their enthusiasm for our Profession.

Honest Chas. Brooks of Illinois - said we should be more active, that apparently our programs seem to lack interest for our membership, altho it is increasing. Legislation is being work on. He reported that Chicago, Illinois Therapists have almost been put out of business, by Police walking into and inspecting their waiting rooms from two to three times daily, with no explanation given. This method has closed 60 out of 65 offices. The Police create a suspicious atmosphere, with their presence. Patients do not return.

Even with a city license, there is no protection.

Indiana report given by Nell Towe - They are planning their State Convention May 6-7 1961. Legislation is still pending and the Chapter is very interested in having a Massage Law.

We regret that the Quad States Convention and the Iowa State Convention conflicted. I am sure each of us missed the delegates from Iowa.

Following the reports Chas. Brooks read a letter from C. Albert Chalmers, National Convention Chairman, as to the deadline dates of Ad's, etc: This was discussed by the group. At this time the subject of the proposed Bathing Beauty Contest to be held at the National Convention was discussed. The group voted unanimously to go on record as opposing the Contest. The general opinion was that, for our particular group this type of entertainment would not be representing the highest type of ethics.

A panel discussion on Arthritis and Sciatic was very ably monitored by Dick Frysinger and Kenneth Reid. Frank Persitzta discussed Arthritis. He uses moist heat and hand massage and again

reminded us that diet and mental attitude play a major role. Jean Wells discussed Occupational Sciatic, posture is very important and he uses heat and massage very effectively.

After lunch hour the team of Brooks and Persona, gave us an informative and humorous discussion on, Better health through proper exercise and nutrition. John stated they use in advertising "Dr's. recommend us, ask yours." They take detailed case history, do not diagnose nor do they claim to be Dr's. They only render a part related to health. Try to awaken the individual, by suggestion, to his part in good good health. Does not believe in specific's in the health field. Exercise is a must for all of us.

Chas. feels exercise without resistance is not beneficial. We must get a good supply of blood to the brain each day. Of course there are different methods of accomplishing this, he prefers the head stand. They agreed that proper exercise, diet and mental attitude constitutes good health and health is happiness. It's nice to note that they firmly believe in this method, and practice it themselves.

Mabel Huggins discussed Foot Massage, uses Reflexology, also uses cold water as a foot stimulant. Instructs patients to use foot exercise at home.

The Convention adjourned early in order to give the group a bit of free time for shopping.

A Banquet was held at seven in the hotel. Guest speakers were Bob Hankins and Mrs. Ellen Gibbs.

Mr. Hankins is an exceptionally fine speaker. He stressed, to be successful at any job or profession, he considers, attitude, skill and knowledge as the three most important factors. He gave us several true stories of where attitude deemed success or failure to the individual. I think everyone was inspired by his excellent talk.

Mrs. Gibbs gave us excerpts from the book "Life Is As You Give It", taken from talks by Dr. Louis Conde. She stressed power

of concentration as one of the surest ways to health and happiness. When one acquires the art of concentration on every task small or large the mind cannot wonder into a channel of worry or unpleasant thoughts. Mrs. Gibbs is co-editor of this book.

The Sunday morning meeting opened with the Invocation by Chas. Brooks.

Dick Frysinger gave us some information on the Dr. Ling method of massage. He stated it consisted of a series of scientific massage movements, which at some time most of us use, but having this on his business cards creates a topic of interest and conversation.

Mr. Ed. Fleischmann from Stanley Physical Therapy Equipment and Supply, demonstrated a G 5 which is a radically different Massage Modality imported from France. Some of our members have been using one and praise it highly. All of you will have an opportunity to see and use one at the National in Omaha.

Mr. McCafferty representing Sivad Company, gave us information on Nutrition. He stated that they do not have the answers but that they have many opinions and do not claim any cures. He invited us to contact him at any time for information within their field.

The group voted to hold the Quad States 1962 Convention in Milwaukee, Wisconsin, during the month of April. A definite date to be decided when we all meet in Omaha. Most of the members at our meeting are making definite plans to go to the National.

Our thanks to A. Jean Wells for his efficient job as Master of Ceremonies at the Banquet. To Frank Persitza our presiding officer for the Convention, a job well done. The same to Mr. and Mrs. Kenneth Reid who took charge of Registration. Thanks to Chas. Brooks for his solo's, altho his intentions were to lead the singing. We're sorry we were not very cooperative. To each of you



A Banquet was held at seven in the hotel. Guest speakers were Bob Hankins and Mrs. Ellen Gibbs.

who had a part to make the Convention so successful, we are grateful.

To those who could not or did not attend, you missed a lot of educational information, friendship and enthusiasm. We will see all of you in Omaha. The word has passed along that they are planning the best National Convention ever. Make it a must to attend.

Reported by
Mary E. Howells
Illinois Chapter

Indianapolis, Ind.
May 3, 1961

Dr. Charles Brooks,
Pres. of Ill. Chapter.

Just a few lines to tell you folks in Illinois how much we really enjoyed the wonderful Quad-State meeting in Peoria. The fellowship and real "get-to-gether-ness" of that meeting was truly worth anyone giving up a day in the office and driving a few hundred miles even just to hear the words "Indiana is now represented", as was said when we entered the meeting room.

Thank you fellow members who attended the Quad-State for a wonderful educational and enjoyable meeting. Will look forward to another good meeting in Mil-

waukee next year.

A bad fall which injured my back severely a few days ago sometimes gives a person a challenge to go ahead even though told to rest and stay in bed for a few days; but continued work, massage and the trip to Peoria mingling with fellow members and friends does more to "cure" the body than anything else.

Thanks, again for a wonderful meeting, and if possible will try to attend some of your Ill. meetings in the near future. If unable to do this will see all of you in —OMAHA.

Catherine E. Holland R.M.T.

HELP—PLEASE—HELP

Please help us keep the mailing list corrected and up to date.

You have no idea how hard it is to relocate the members after they have moved. Also do you have any idea how many and how often the membership moves around. Please cooperate and send in your change of address.

On the 17th of April, exactly one month after the last Masseur was put in the mail we received five copies that were returned because of faulty addresses.

Change of address should go to the National Secretary.

Editor C. B.

CLASSIFIED

FOR SALE—Teca GALVANIC - complete with tanks and electrodes—best offer takes it! Also have a massage table. Call or contact LeRoy Health Center, 119 N. Monroe Ave., Green Bay, Wisc.

FOR SALE—In Clearwater Fla. The only Swedish Massage Salon. Completely equipped with Vapor Cabinets, Colonic-room, Gym-room, Shower-room and Reception-room. McLevy System of Reducing. Long established. Priced to sell. For further information write, Marie Thunberg, Reg. Masseuse, 1721 North Fort Harrison Avenue, Clearwater, Florida.

1961 CONVENTION

We are planning on having one of the greatest Conventions in Omaha the A.M.T.A. has ever had.

We will have noted speakers, demonstrations, work shops and movies, all of interest to our members.

Each one of you may be thinking of your choice for beauty queen of A.M.T.A. Please make your choice known to your officers so they may select a candidate to represent their chapter at the finals in Omaha.

Here, at the Convention, the winner will be selected to reign for the coming year and receive her trophy and crown.

The Queen Contest rules are the same as outlined in the March-April 1961 issue of the *Masseur*.

We will be looking forward to seeing all of you at the convention.

Send in your reservations early.

C. Albert Chalmers
Convention Chairman

MISSOURI

The Missouri Chapter held their meeting April 16, 1961 at the Maples Restaurant, 2702 Ashland St., St. Joseph, Mo. A very fine meal was served at 1:00 p.m.

Pres. Ray called the meeting to order about 2:00 p.m. The minutes of the previous meeting were read and approved. The Treasury report was also read and approved.

Much discussion developed regarding conditions existing in Kansas City, Mo. One of our members received a raw deal though innocent. Now a battle looms to get her license back. It will be a rough battle before it ends. We hope we have a solution that will bring about some changes.

We have had a lot of advice on procedures, some of it very degrading on the opinion of our members and officers. Some of it below our dignity.

Following the business session, was a demonstration of techniques and a film and discussion of food

supplements and vitamins.

We enjoyed a good turnout of members and guests.

W. L. Hodgson, Sec.-Treas.

KANSAS

Dear Mr. Brooks;

Our president, Mr. Gray, wrote to the different Chamber of Commerce, for list of names who were in business of Massage, Physio and Physical Therapy. We have received about fifty names.

I am still not able to go back to work so decided that I take part of the names and write letters to them. I feel like I would like to have some extra Masseurs to enclose to give to them to read of what our work is like. I really like the March April one but would be very happy with old ones. I have sent all that I have saved. Can you give me a lift on some extras?

Not at all hepted up about this beauty contest. I see nothing to it.

Also see my ad has expired. So here is a check to get it back in circulation again.

I have read and reread this poem on Faith by S. E. Kiser, I like it very much.

Faith is not merely praying upon your knees at night.

Faith is not merely straying through darkness to the light

Faith is not just waiting for glory that may not be,

Faith is not merely hating the sinful ecstasy.

Faith is the brave endeavor, the splendid enterprise,

The strength to serve, whatever the conditions that may arise.

The foot note on this reads,

It sometimes takes great courage to have faith after many failures; but if you believe in yourself, if you have confidence in what you are doing, if you know a thing to be right and have faith in God and in the justice of your cause, persistence will bring you success in the end.

If the Lord is willing will see you in Omaha.

Sincerely,
Catherine R. Adams

PENNSYLVANIA

The regular meeting of the Penna. Chapter of the A.M.T.A. was held at the Massage Parlor of Julius Vincze, 16 New Street, Upper Darby, Pa. with ten members and two guests present. President Thomas R. Fink, presiding. Due to heavy snows the regular meeting in January was cancelled. The minutes of the November meeting were read and approved.

Treasurer Kranich gave the following report:

| | |
|---------------|----------|
| Previous bal. | \$497.02 |
| Received | 166.00 |
| Expenditures | 173.53 |
| Balance | \$489.49 |

Legal Aid Fund (State) \$120.

Time for the election of officers was again discussed. It was decided to hold the election at our May meeting. The new officers should take office August 1, the beginning of the fiscal year instead of January 1. Motion by Kranich supported by Sittler.

President Fink reported he sent out 375 letters to the Chamber of Commerce in Penna. requesting names of masseurs and masseuses in their respective localities. Pres. Fink has received many returns providing a large list of prospects for membership.

A membership committee was appointed by President Fink as follows: Leslie B. Hoch, Scranton, Pa., Chairman; Julius Vincze, Upper Darby, Pa., Norma Hedricks, Lancaster, Pa.

Julius Vincze Chairman of the clinic committee reported that the hotel in Philadelphia require a cash deposit and exhibitors want a guarantee of 200 attendance before they would buy space. It was moved by Hiestand supported by Ackerman that the clinic be held in the Lehigh Valley Club, Allentown, Pa. Date for the clinic October 15, 1961. Sittler-Vincze Members on clinic committee - Chairman Julius Vincze, Upper Darby, Pa., Bernard Schrammel, Allentown and Jean DiCarlo, Newton Square, Pa. After some dis-

cussion it was decided not to have outside exhibitors at the clinic. Free samples or literature, if offered, could be distributed by members.

Correspondence read by secretary for the professional listing agency Fritz S. Hoeheimer, 29 E. 22 St., New York 10, N.Y. President Fink read a letter he received from Howard N. Arnold, Silverdale, Pa. who offered to serve as executive secretary of the association. It was decided to refer both the above propositions to the National Association. A letter was read by Pres. Fink from C. A. Chalmers relating to the beauty contest to be held at the convention in Omaha. It was moved to table the idea for our chapter. Vincze - Ackerman.

Motion by Sittler supported by Schrammel that a cut be made of a keystone with the official A.M.T.A. emblem inside. Secretary to inquire from National Secretary if this is permissible.

It was moved by Kranich supported by Hoch to put full page ad in convention program.

Suggestion made to hold a promotional meeting in Erie, Pa. probably in April. Secretary to contact Dr. Runstetler to arrange a meeting.

Meeting adjourned. A most delicious lunch was served by our host Julius Vincze.

John G. Hiestand, Secretary

MICHIGAN

April 9, 1961 President Mr. Warren Pommerening called the Michigan chapter of the A.M.T.A. to order in the Centennial room of the Y.M.C.A. in Lansing with 7 members present and the officers of a Detroit group of Masseurs and Masseuses. Other visitors were from Kalamazoo, Grand Rapids, and Lapeer.

There was a discussion on the Physio Therapy bill that is up before the Legislature this year and what effect it could have on our present operations.

Also the possibility of the Detroit Group joining with us as

National Members.

Following the general meeting the regular meeting was held.

Financial report was read by Mr. Menkman and several correspondence was read by Mr. Pommerening and Mr. Menkman.

The beauty contest was tabled for the time being.

We welcomed one new member, Mr. Frank Diegel of Lapeer to our happy group.

No date being set for the next meeting, a date to be decided later.

Our past President invited us to his open house at his new location. Having sold his place in Coloma, he sees a bright future in Paw Paw. Adding to his Massage and Therapy practice a nice spacious dept. of Slenderizing. Mr. Tucker carried out a very feminine decor of pink high lighted with mirrors. The waiting room and the well equipped treatment rooms make a restful place with the delicate blue walls and white curtains. Wishing Mr. John Tucker much success in his new location we adjourned.

Cosp. Sect. Nettie Hoppas

MONTANA

The meeting of April 10, 1961, was held at 601 First Avenue North, Great Falls, Montana, L. S. Hanson, president, presiding.

The meeting was opened with the pledge of allegiance to the flag of the United States of America. The minutes of the previous meeting were read by the president in the absence of the secretary-treasurer. The roll was called and there were 31 members present.

TREASURER'S REPORT: Also given by the president. The balance in the treasury is \$163.58. Three members were received and their dues brought the treasury balance to \$205.58.

CORRESPONDENCE: The president read the correspondence he received from the national vice-president, Al Chalmers, about the convention.

A card with a color photo of

the spray for Foster Ledford was shown.

SICKNESS & DISTRESS: Elizabeth Hill, secretary-treasurer, was not able to attend the meeting due to illness.

NEW MEMBERS: Three new members were received, which brings our membership to 56.

NEW BUSINESS: The motion was made and carried to set up a legal fund to be used only for attorney's fees, lobbyists' fees, and incidental expenses that go with the presentation of our new bill to the 1963 legislature. The motion was made and also carried that each member pay \$50.00 toward the legal fund either in a lump sum or in installments of \$5.00 per month. \$225.00 was taken in for the fund at the meeting.

A motion was made and carried to nominate 5 members for a legislative committee, whose function would be to be at Helena during the two months the legislature is in session and to supplement the officers during legislature. Upon the advice of our lawyer, Mr. Alfred Daugherty of Helena, Montana, a 3 man committee was appointed to recommend 5 members suitable for the legislative committee. Mr. Daugherty made the statement that these people must be able and capable of handling the duties of such a committee and able to devote plenty of time to it. They are not to be "Yes" men to either Mr. Hanson or Mr. Daugherty. The three members appointed to the nominating committee were Ruth Robertson, Yens Coates and E. L. Rousseau.

The next meeting will be June 17, 1961, in Billings, Montana.

We had a most successful meeting with our lawyer, Alfred Daugherty, who gave us lots of good advice. We only wish that more of the members could have been present.

MOTION MADE AND CARRIED and the meeting was adjourned.

Asst. Sec.-Treas.
Lydia Hanson,

ARE THERE POISONS IN YOUR FOOD?

HERE IS STRAIGHT TALK FROM ONE OF AMERICA'S EMINENT NUTRITIONISTS. SHOW THIS TO YOUR CITY FRIENDS

The Author, Frederick J. Stare, M.D. from University of Chicago, and a Ph.D. from University of Wisconsin. He directs research and teaching staff of 80 at Harvard University.

A lot of people are running around the country trying to scare us about our food. To hear them talk, it's a wonder we aren't all dead—or at least sick.

Chemicals, insecticides, fluoridated water, foods enriched with proteins, vitamins and minerals are poisoning us all, they say, and not so slowly, either.

The truth?

The poisons are not in the food or water but in the pens and tongues of those who, by peddling misinformation, half-truths, statements out of context and downright falsehoods, gain temporary notoriety, inflate their own egos, and make a profit, or hope to.

As a physician and student of nutrition for the past 25 years, let me state categorically that I do not know, nor have I ever heard, of one single case of ill health in man shown to be due to adding approved additional chemicals to foods. And I say additional chemicals because I wish to emphasize that all foods are chemicals. You and I, too, are chemicals—so much water, protein, fat, carbohydrates, vitamins and minerals.

All chemicals are toxic at certain levels. For some, like copper and fluorine, it takes small amounts; for others, like water and sugar, it takes larger amounts for harm to occur. One cannot intelligently define toxicity without speaking of dosage. Neither can one define cancer-producing properties without speaking of dosage. And dosage implies not only amount but time: How much, over how long a period?

I am sure all farmers may wonder, in view of the cranberry oo-boo of a year ago, if they are

producing impure food.

If you follow the label carefully, don't worry. There is no evidence that I know of that stilbestrol, amino triazole, or any other material approved for use in agriculture has ever been shown to be carcinogenic in man.

Fluoridation of water—in those communities with the courage to follow competent scientific advice rather than the hysterical shouting of an organized few—has reduced dental decay in youngsters by 50% to 60% at a cost of only 10 cents per person a year. Water with the mineral nutrient fluorine added, and food enriched with vitamins have as much purity as ever and certainly more wholesomeness.

Fortifying of foods is one of the outstanding advances of public health of all times. Vitamin D added to milk and other foods has helped abolish rickets. Salt with iodine added has helped abolish simple goiter.

Don't let any faddist or organic gardener tell you there's a difference between the Vitamin C in an orange and that made in a chemical factory. Nor is there any difference between natural and artificially fluoridated water, as some of the anti-fluoridationists claim.

Enrichment of foods will continue. Three of the great foods of mankind—wheat, rice and corn—all low in the essential protein, lysine, can be fortified with lysine, which can now be produced cheaply. We can therefore take some of our mountains of wheat and fortify it with lysine for foreign and domestic use with the good feeling that we're providing food with a protein equivalent to milk, at a price that's practical—to say nothing of helping our own farmers.

Even in America, lysine-enriched wheat has a place; for millions of children who eat jelly sandwiches; for those gullible oldsters stung by the honey-and-vinegar fad.

A word to those who spurn "empty" calories of sugar and fat,

and look with disdain on processed foods. Sugar and fat have always been important to a balanced diet. They add taste and zest to a meal. And processed foods are a tribute to the ingenuity of foods technologists.

Balance is what's important, not whether calories are "empty" or "full," or the food processed or raw. The best way to achieve balance is by variety—meats, fish, dairy products, fruits, cereals, vegetables, sugar and fat.

We have the best and finest food in history—also the safest.

I think I speak for the medical and health profession when I say emphatically that our foods are good and wholesome, thanks to the many responsible companies that have the welfare of the people in mind as well as profits, and to the capable professional staff of the Food and Drug Administration.

A PRAYER FOR MOTHER'S DAY

Almighty God, Thou has watched over us and given us Mothers in whose tender care we have received the blessings of kindness and cheer. We ask that You look over them as they have looked over us, with care, hope and affection.

We ask that You look with compassion upon the mothers who are here with us today, and for those mothers whose presence here has been denied us we offer a special prayer. The honor which we pay to our mothers living is no greater and no less than the tributes which we hold in our hearts for those mothers who have departed from this earth and left behind memories which will never grow dull.

Amen

Mother—"Another bite like that and you will have to leave the table."

Hungry Boy—"Another bite like that and I'll be through."

A.M.T.A.

R.M.T.

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Catherine E. Holland, Massage Therapist

Sez I To Myself

Sez I to myself, as I grumbled
 and growled,
 "I'm sick of my church," and then
 how I scowled.
 "The members unfriendly, the
 sermons too long—
 In fact it seems that everything's
 wrong.
 I don't like the singing, the church
 —a disgrace
 For signs of neglect are all over
 the place.
 I'll quit going there, I won't give
 a dime;
 I can make better use of my
 money and time."
 Then sez my conscience to me,
 says he,
 "The trouble with you is, you're
 too blind to see
 That your church reflects YOU,
 whatever it be.
 Now, come, pray, and pay, and
 serve cheerfully,
 Stop all your fault-finding and
 boost it up strong;
 You'll find you'll be happy and
 proud to belong.
 Be friendly and willing and sing
 as you work;
 For churches aren't built by
 members who SHIRK."

(Copied)

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